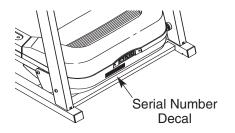# WESLO®
cadence C80

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction.

If you have questions, or if there are missing or damaged parts, please call the telephone number on the warranty card accompanying this manual or contact the establishment where you purchased this product.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

WESLO® cadence C80

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should be used only by persons weighing 125 kg (275 lbs.) or less.

8. Never allow more than one person on the treadmill at a time.

9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*

10. When connecting the power cord (see page 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

11. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 20 if the treadmill is not working properly.)

14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).

15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 18.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and properly tighten all parts of the treadmill regularly.

22. Never insert any object into any opening.

23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed on the treadmill. If a decal is missing or illegible, call the telephone number on the warranty card accompanying this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.

⚠**CAUTION**   ⚠ 注　　意

KEEP HANDS AND FEET AWAY
FROM THIS AREA WHILE THE
TREADMILL IS IN OPERATION.

机器运转时，请确保
手脚远离此区域。

⚠**WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

⚠ 警　　告

为避免您或他人发生意外，请阅读使用手册并：

- 启动或停止跑步机时，请站立于跑台两侧。
- 渐进调整速度。
- 手握把手防滑，运动时请佩带安全制动链。
- 出现眩晕，过度疲劳或呼吸急促时，请停止使用。
- 搬运或储藏跑步机前，请插紧插销。
- 将跑步机折叠至储藏位置前，请先将坡度调整至最小。
- 勿让孩子接近或爬上跑步机。
- 不使用时，请拿走钥匙。
- 保持衣物、手指、头发远离运转跑带。
- 跑带运转时，切勿调整或装配跑步机。
- 使用跑步机时请穿着运动鞋。

4

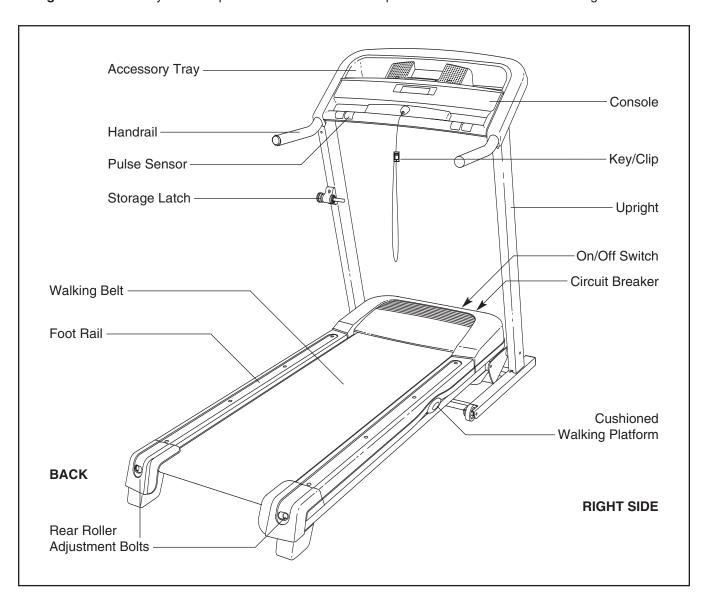# BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE C80 treadmill. The CADENCE C80 treadmill combines advanced technology with innovative design to help you achieve your fitness goals in the convenience of your home. When you're not exercising, the CADENCE C80 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WATL26806.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location)

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.
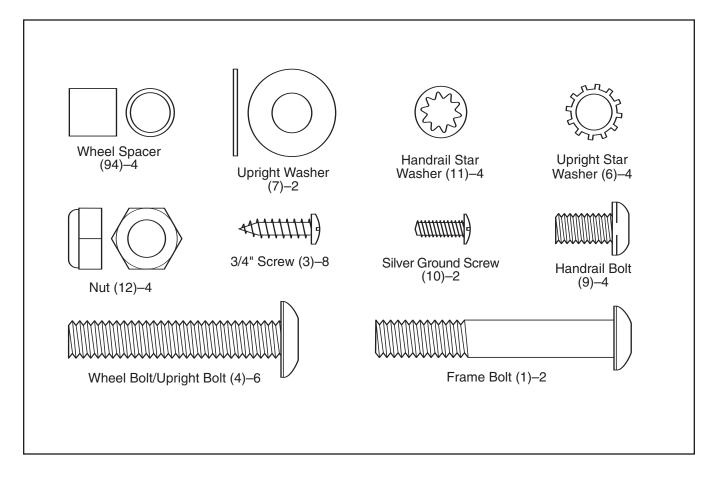
Accessory Tray

Handrail

Pulse Sensor

Storage Latch

Walking Belt

Foot Rail

BACK

Rear Roller
Adjustment Bolts

Console

Key/Clip

Upright

On/Off Switch

Circuit Breaker

Cushioned
Walking Platform

RIGHT SIDE

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver, **rubber mallet, adjustable wrench, and wire cutters.**

For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 24. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it has been preassembled. To avoid damaging plastic parts, do not use power tools for assembly.**
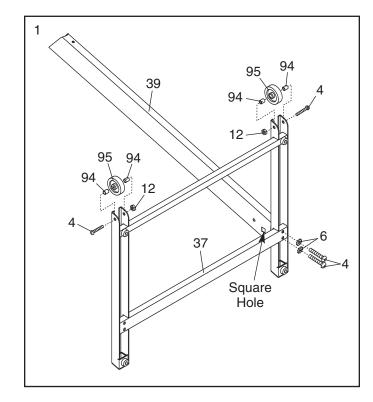
Wheel Spacer
(94)–4

Upright Washer
(7)–2

Handrail Star
Washer (11)–4

Upright Star
Washer (6)–4

Nut (12)–4

3/4" Screw (3)–8

Silver Ground Screw
(10)–2

Handrail Bolt
(9)–4

Wheel Bolt/Upright Bolt (4)–6

Frame Bolt (1)–2

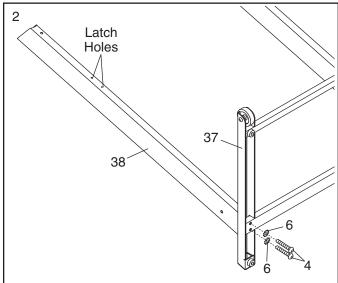1. **Make sure that the power cord is unplugged.**

   Attach a Wheel (95) to each side of the Base (37) with a Wheel Bolt (4), two Wheel Spacers (94), and a Nut (12) as shown. **Do not over-tighten the Wheel Bolts; the Wheels should turn freely.**

   Identify the Right Upright (39), which has a square hole in the location shown.

   Orient the Right Upright (39) and the Base (37) as shown. Attach the Right Upright to the Base with two Upright Bolts (4) and two Upright Star Washers (6); **do not tighten the Upright Bolts yet.**

2. Orient the Left Upright (38) as shown, and attach it to the Base (37) with two Upright Bolts (4) and two Upright Star Washers (6); **do not tighten the Upright Bolts yet.**
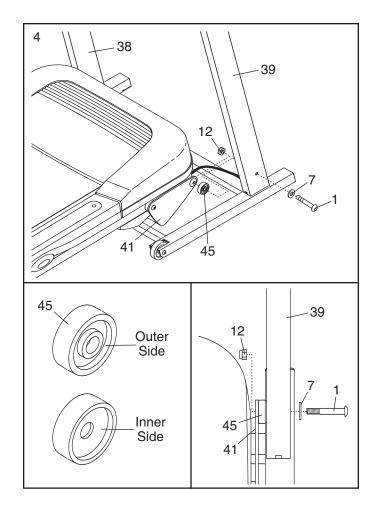
3. With the help of a second person, raise the Uprights (38, 39) so the Base (37) is flat on the floor as shown. Next, position the front of the treadmill Frame (36) between the Uprights.

   See the inset drawing. Locate the wire inside the lower end of the Right Upright (39). Tie the wire securely to the end of the Upright Wire (69). Next, insert the wire and the end of the Upright Wire into the hole in the Right Upright.
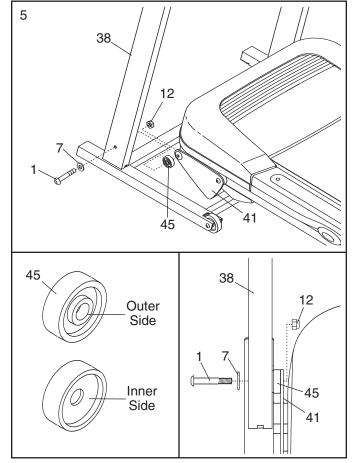
7

4. See the left inset drawing. Identify the two Frame Spacers (45). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Next, identify the outer side of each Frame Spacer.

   Hold a Frame Spacer (45) between the Right Upright (39) and the Lift Frame (41), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with a Frame Bolt (1), an Upright Washer (7), and a Nut (12); **do not tighten the Nut yet.**

5. Hold the remaining Frame Spacer (45) between the Left Upright (38) and the Lift Frame (41), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a Frame Bolt (1), an Upright Washer (7), and a Nut (12); **do not tighten the Nut yet.**
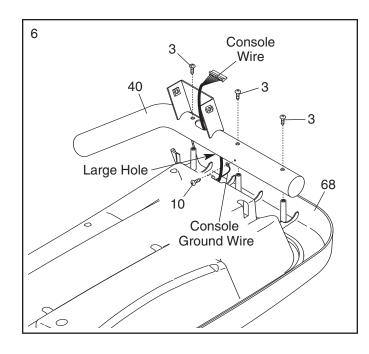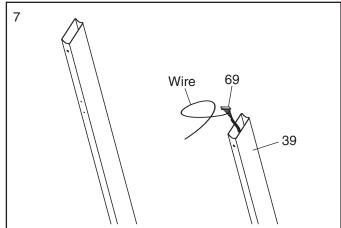
6. Set the Console (68) face down on a soft sur-face to avoid scratching the Console. Identify the Right Handrail (40), which has a large hole in the location shown. Hold the Right Handrail near the Console. Insert the console wire into the large hole in the Right Handrail and out of the top as shown. Next, attach the Right Handrail with three 3/4" Screws (3). **Make sure that no wires are pinched. Start all three Screws before tightening any of them; do not overtighten the Screws.**

Next, attach the console ground wire to the Right Handrail (40) with a Silver Ground Screw (10).

Attach the Left Handrail (not shown) to the Console (68) in the same way. Note: There are no wires on the left side of the Console.
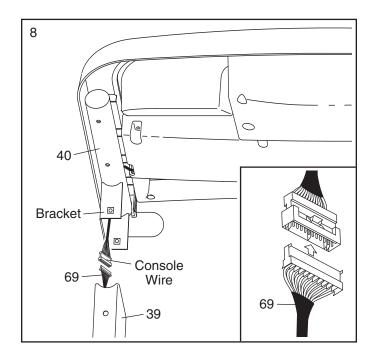

7. Locate the wire in the upper end of the Right Upright (39). Pull the wire until the end of the Upright Wire (69) is extending from the Right Upright. Then, untie and discard the wire.
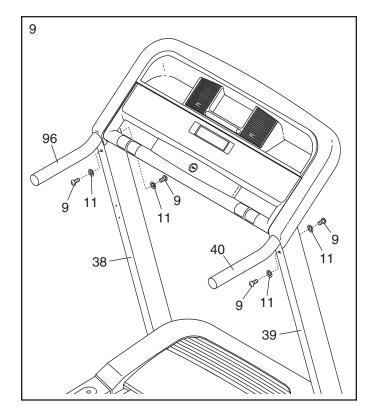

8. Connect the Upright Wire (69) to the console wire. **Make sure to connect the connectors properly (see the inset drawing). The connec-tors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors and the excess wire into the Right Upright (39).

Next, insert the bracket on the Right Handrail (40) into the Right Upright (39) and insert the bracket on the Left Handrail (not shown) into the Left Upright (not shown). **Make sure that no wires are pinched.**

9. Finger tighten two Handrail Bolts (9) with two Handrail Star Washers (11) into the Left Upright (38) and the Left Handrail (96).
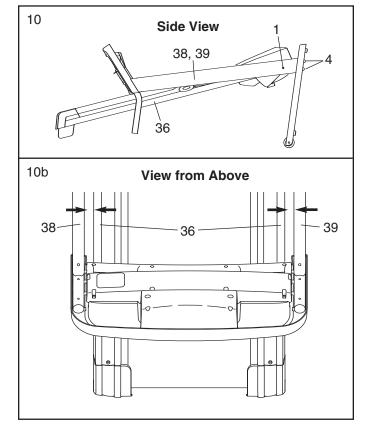
   Next, finger tighten two Handrail Bolts (9) with two Handrail Star Washers (11) into the Right Upright (39) and the Right Handrail (40). **Then, tighten all four Handrail Bolts.**

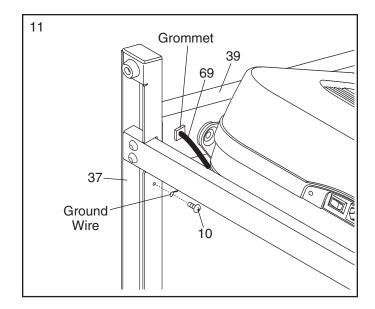10. Lower the Uprights (38, 39) as shown.

    See drawing 10b. Push the Uprights (38, 39) sideways until the treadmill Frame (36) is centered between the Uprights.

    Firmly tighten the Upright Bolts (4) and the Frame Bolt (1) on each side of the treadmill. **Do not overtighten the Frame Bolts.**

11. Attach the ground wire on the Upright Wire (69) to the indicated hole in the Base (37) with a Silver Ground Screw (10).
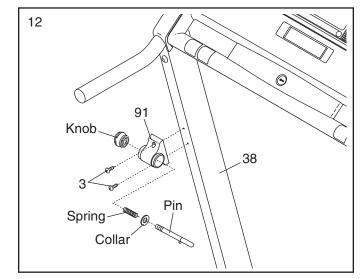
    Press the indicated grommet into the Right Upright (39).

12. Carefully raise the Left Upright (38) and Right Upright (not shown).

    Attach the Latch Housing (91) to the Left Upright (38) with two 3/4" Screws (3).

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Housing (91), and tighten the knob back onto the pin.

13. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 21). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT
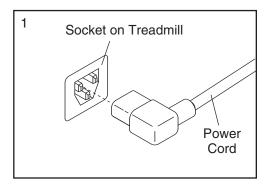
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**
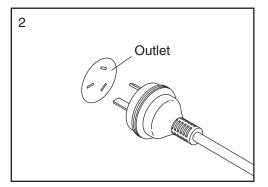
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.
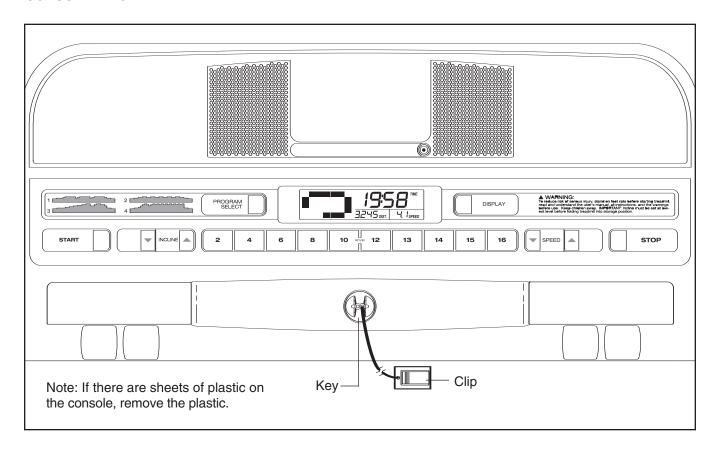
See drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: Your power cord and outlet may appear different. **Important: The treadmill is not compatible with GFCI-equipped outlets.**

1

Socket on Treadmill

Power Cord

2

Outlet

⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM

Note: If there are sheets of plastic on the console, remove the plastic.

Key

Clip

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.
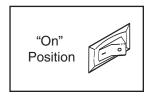
The console also features four preset programs. Each program controls the speed and incline of the treadmill as it guides you through an effective workout.

You can even listen to your favorite workout music or audio books with the console's MP3 stereo sound system.

To use the manual mode of the console, follow the steps beginning on page 14. **To use a preset program**, see page 16. **To use the stereo sound system**, see page 17.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 12). Next, locate the on/off switch on the tread-mill frame near the power cord. Make sure that the on/off switch is in the "on" position.

"On" Position

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console; after a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill.
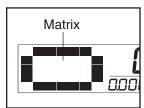
HOW TO USE THE MANUAL MODE

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

2 **Select the manual mode.**

When you insert the key, the manual mode will be selected. If you have selected a preset program, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix.

Matrix

0.00

3 **Start the walking belt.**

To start the walking belt, press the Start button, the Speed increase button, or one of the buttons numbered 2 through 16.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 Km/H; if a button is held down, the speed setting will change in increments of 0.5 Km/H.

If one of the numbered buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers (see THE INFORMATION MODE on page 17). For simplicity, all instructions in this section refer to kilometers.**

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered buttons.

Note: The first time you use the treadmill, periodically inspect the alignment of the walking belt, and center it if necessary (see page 21).

4 **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

5 **Follow your progress with the displays.**

When the manual mode is selected, a track representing 400 meters (1/4 mile) will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The lower left display can show the elapsed time and the distance that you have walked or run during your workout. The display will also show the incline setting for a few seconds each time the incline changes. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned during your workout. This display will also show your heart rate when you use the handgrip pulse sensor.

3.245 DIST.
19:58 TIME 4.1 SPEED

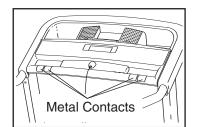The upper display can show the elapsed time (or the time remaining in a program), the distance that you have walked or run, the approximate number of calories you have burned, and the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing.

Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

Metal Contacts

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the lower right display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you will damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.
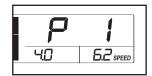
HOW TO USE A PRESET PROGRAM

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

2 **Select a preset program.**

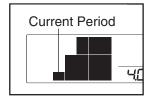To select one of the four preset programs, press the Program Select button repeatedly until "P1," "P2," "P3," or "P4" appears in the upper display. When a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the lower displays for a few seconds. The lower left display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

3 **Press the Start button or the Speed increase button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.

The speed setting for the first period will be indicated by the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next few periods will be indicated by the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash in the display to alert you.

When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings programmed for the second period. Note: If all five of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current period is too high or too low for you, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

To stop the program temporarily, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next period. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 **Follow your progress with the displays.**

See step 5 on pages 14 and 15.

5 **Measure your heart rate if desired.**

See step 6 on page 15.

6 **When the program ends, remove the key from the console.**

See step 7 on page 15.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player or CD player to the console. Plug one end of the included 3.5mm to 3.5mm stereo audio wire into a jack on your MP3 player or CD player. Plug the other end of the cable into the input jack on the console. **Make sure that both ends of the audio wire are fully plugged in.**

Next, press the Play button on your MP3 player or CD player. Then, adjust the volume of your MP3 player or CD player.

If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button. When the information mode is selected, the following information will be shown:

An "E" (for English miles) or an "M" (for metric kilometers) will appear in the lower right display. Press the Speed increase button to change the unit of measurement, if desired.

IMPORTANT: If a "d" appears in the lower right display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. While the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays will remain lit; the buttons will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

The upper display will show the total number of hours that the treadmill has been used.

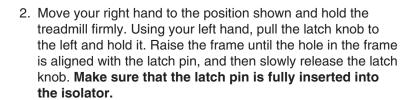The lower left display will show the total number of kilometers (or miles) that the walking belt has moved.

To exit the information mode, remove the key from the console.
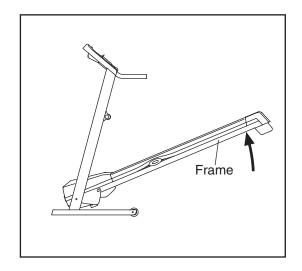
HOW TO FOLD AND MOVE THE TREADMILL

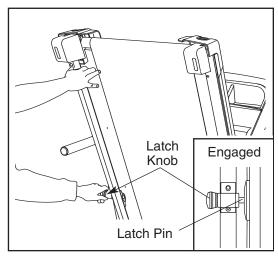### HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame—do not lift with your back.** Raise the frame about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the frame is aligned with the latch pin, and then slowly release the latch knob. **Make sure that the latch pin is fully inserted into the isolator.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).
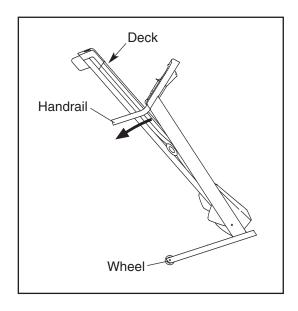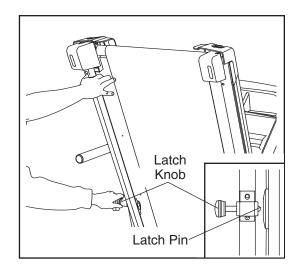
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the storage latch.**

1. Hold one handrail and place your other hand on the deck. Place a foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place a foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.
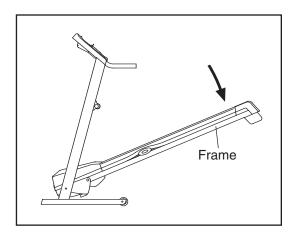
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin and release the latch knob.

2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**
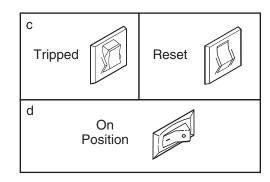
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps listed below. Find the symptom that applies, and follow the steps listed. If you need further assistance, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 12). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

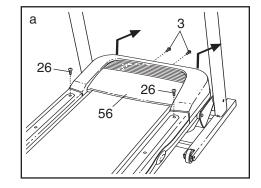d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.

PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
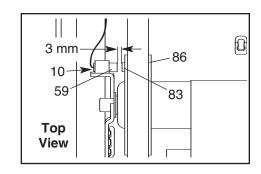
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the "on" position (see d. above).

e. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the two Foot Rail Screws (26) and the two Screws (3), and carefully remove the Hood (56).
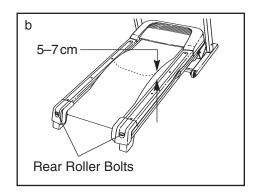
Locate the Reed Switch (59) and the Magnet (83) on the left side of the Pulley (86). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (10), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.

Top View

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
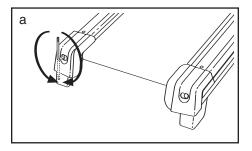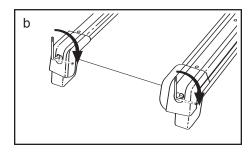

b

5–7 cm

Rear Roller Bolts

c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

a

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b

CONDITIONING GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. These three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.
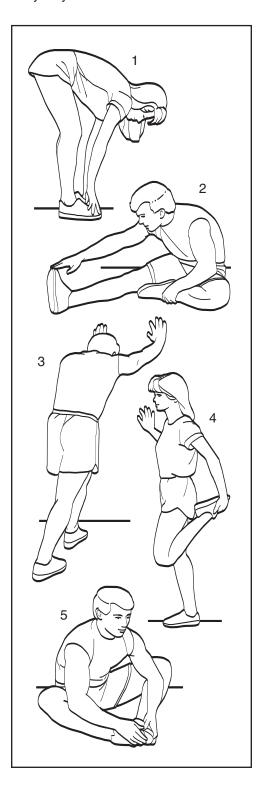
3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To further stretch the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.
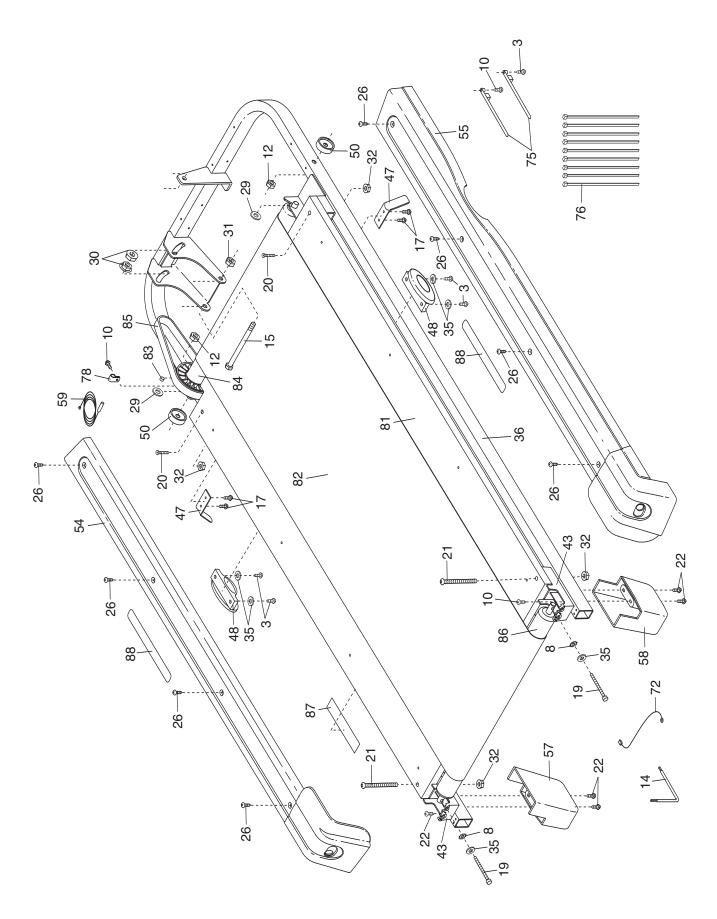
5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
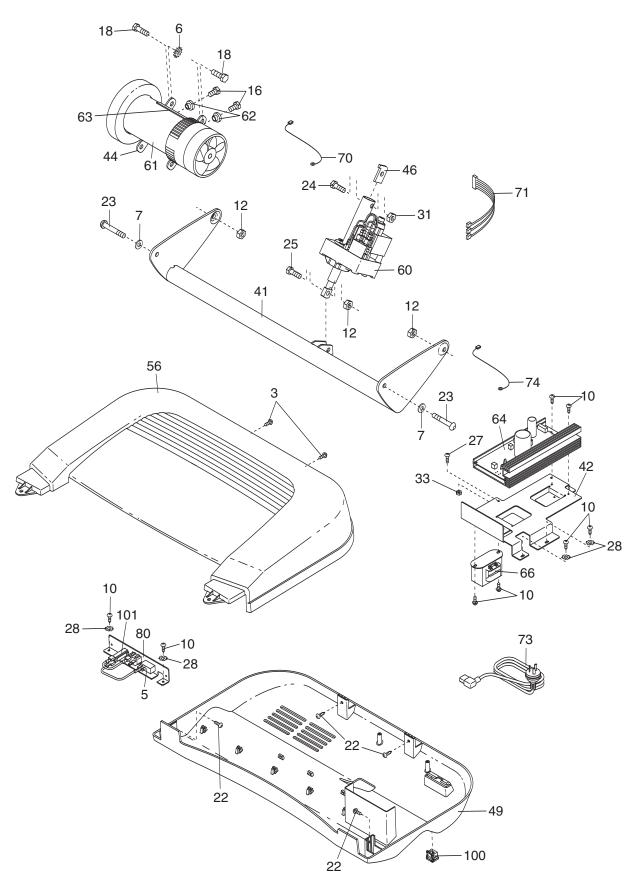
PART LIST—Model No. WATL26806.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Frame Bolt	56	1	Hood
2	1	Console Cover	57	1	Left Rear Foot
3	15	3/4" Screw	58	1	Right Rear Foot
4	2	Wheel Bolt/Upright Bolt	59	1	Reed Switch
5	1	On/Off Switch	60	1	Lift Motor
6	5	Upright Star Washer/Motor Star Washer	61	1	Drive Motor
7	4	Upright Washer	62	2	Plastic Motor Bushing
8	2	1/4" Star Washer	63	1	Plastic Motor Plate
9	4	Handrail Bolt	64	1	Controller
10	12	Silver Ground Screw	65	6	Speaker Housing Screw
11	4	Handrail Star Washer	66	1	Transformer
12	7	Nut	67	1	Console Base
13	1	Console Lens	68	1	Console
14	1	Hex Key	69	1	Upright Wire
15	1	Motor Pivot Bolt	70	1	10" Wire, w/Toroid
16	2	Motor Bolt	71	1	10" Wire Harness
17	4	Belt Guide Screw	72	1	Frame Ground Wire
18	2	Motor Tension Bolt	73	1	Power Cord
19	2	Rear Roller Bolt	74	1	10" Green/Yellow Wire, F/R
20	2	Platform Bolt, Front	75	2	Plastic Tie
21	2	Platform Bolt, Rear	76	10	Wire Tie
22	15	3/4" Tek Screw	77	2	Speaker Housing
23	2	Lift Frame Bolt	78	1	Clip
24	1	Incline Motor Bolt, Top	79	2	Speaker
25	1	Incline Motor Bolt, Bottom	80	1	Power Inlet Bracket
26	8	Foot Rail Screw	81	1	Walking Platform
27	1	Ground Bolt	82	1	Walking Belt
28	4	Power Bracket Star Washer	83	1	Magnet
29	2	Flat Washer	84	1	Front Roller/Pulley
30	2	3/8" Flange Nut	85	1	Motor Belt
31	2	3/8" Nut	86	1	Rear Roller/Pulley
32	4	Platform Nut	87	1	Warning Decal
33	1	Ground Nut	88	2	Foot Rail Decal
34	4	Cage Nut	89	2	Caution Decal
35	6	Rear Roller Washer/Isolator Washer	90	4	Speaker Screw
36	1	Frame	91	1	Latch Housing
37	1	Base	92	1	Key/Clip
38	1	Left Upright	93	1	Latch Pin Assembly
39	1	Right Upright	94	4	Wheel Spacer
40	1	Right Handrail	95	2	Wheel
41	1	Lift Frame	96	1	Left Handrail
42	1	Electronics Bracket	97	1	Wire Nut
43	2	Rear Roller Bracket	98	1	Audio Wire
44	1	Motor Bracket	99	1	Input Jack
45	2	Frame Spacer	100	2	Grommet
46	1	Stop Bracket	101	1	Circuit Breaker
47	2	Belt Guide	#	1	32" Blue Wire, M/F
48	2	Isolator	#	1	26" White Wire, 2F
49	1	Belly Pan	#	1	6" Blue Wire, 2F
50	2	Frame Pivot Spacer	#	1	8" Black Wire, M/F
51	4	Base Pad	#	1	10" Red Wire, M/F
52	2	Base Endcap	#	1	User's Manual
53	4	Handrail Endcap			
54	1	Left Foot Rail			
55	1	Right Foot Rail			

#These parts are not illustrated
Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

To order replacement parts, please call the telephone number on the warranty card accompanying this manual. To help us assist you, be prepared to provide the following information:

• the MODEL NUMBER of the product (WATL26806.0)

• the NAME of the product (WESLO CADENCE C80 treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 24-27 of the user's manual)